

Adult Dance

Partner Dancing

At the North Kirkland
Community Center

Ballroom

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England

Location: NKCC • 5 weeks • Resident: \$59 / Non-Res \$71

Tues	7:30–8:30pm	Apr 12–May 10	48650
Tues	7:30–8:30pm	June 21–July 19	48651

West Coast Swing

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz, and R & B to Top 40 pop of all eras. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England

Location: NKCC • 5 weeks • Resident: \$59 / Non-Res \$71

Tues	8:30–9:30pm	Apr 12–May 10	48652
Tues	8:30–9:30pm	June 21–July 19	48653

East Coast Swing

The American swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England

Location: NKCC • 5 weeks • Resident: \$59 / Non-Res \$71

Tues	7:30–8:30pm	May 17–June 14	48765
Tues	7:30–8:30pm	July 26–Aug 23	48766

Salsa

Hot! Hot! Hot! Solid Basics turns in Salsa and Merengue. Dance the night away! Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England

Location: NKCC • 5 weeks • Resident: \$59 / Non-Res \$71

Tues	8:30–9:30pm	May 17–June 14	48654
Tues	8:30–9:30pm	July 26–Aug 23	48655

Folk Dance

Scandinavian Folk Dance **NEW!**

The 6 week series is for dancers with a little experience with the waltz, schottis and hambo. Thus, you'll already know how much fun these are. The Skandia Folkdance Society supplies instructors and course structure. This energetic class requires some experience, but no partner is needed.

Instructor Patrick McMonagle • Location: PKCC

6 classes • Resident \$60 / Non-Resident \$72

Thur	7:30–9pm	Apr 21–May 26	48170
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Swedish Midsummer Dances **NEW!**

Scandinavians are serious about celebrating the longest days of the year. Serious enough that they have transplanted the Swedish celebration to America. (St Edwards Park, free, June 26th) Join the hundreds who attend, but have more fun than most: join the dances. Children 90 pounds and over can sign up, if they bring their dancing adults. No partner or experience needed. Wear shoes that protect your toes!

Instructor Patrick McMonagle • Location: PKCC

4 classes • Resident \$40 / Non-Resident \$48

Thur	7:30–9pm	June 2–23	48164
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Beginning Scandinavian Folk Dance

This four class series is for true beginners and is long enough to get you dancing several dances including easy to learn supporting dances. The Skandia Folkdance Society supports this class with instructors and the structure of their beginner's course offered since the 1950's. This energetic class is open to everyone, no partner or experience needed!

Instructor Patrick McMonagle • Location: PKCC

4 classes • Resident \$40 / Non-Resident \$48

Thur	7:30–9pm	July 7–28	48165
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Norwegian Pols Folkdances **NEW!**

3 weeks is more than enough to learn the flagship pols dance, Rørospols and a few other similar Norwegian pols dances, to those who already know the Hambo, taught in earlier classes. Come join the fun, no partner needed.

Instructor Patrick McMonagle • Location: PKCC

3 classes • Resident \$30 / Non-Resident \$36

Thur	7:30–9pm	Aug 4–18	48171
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The Mountaineer's International Folk Dancing

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

Location: PKCC • 4 classes

Resident \$25 / Non-Resident \$30

Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Apr 5–26	48012
Tue	7:30–9:30pm	May 3–24	48013
Tue	7:30–9:30pm	May 31–June 21	48014
Tue	7:30–9:30pm	June 28–July 19	48015
Tue	7:30–9:30pm	July 26–Aug 16	48016

Ballet

Instructor: Marco Carrabba, Ballet Master and Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • **Instructor:** Marco Carrabba

Spring 6 classes • No class 4/11, 5/30 & 7/4
Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Apr 4–May 16	48020
Mon	6:15–7:15pm	May 23–July 11	48021

Summer 5 classes • Resident \$55 / Non-Resident \$66

Mon	6:15–7:15pm	July 18–Aug 15	48022
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Ballet—Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • **Instructor:** Marco Carrabba • 6 classes
No class 4/13 • Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Apr 6–May 18	48024
Wed	6:15–7:15pm	May 25–June 29	48025
Wed	6:15–7:15pm	July 6–Aug 10	48026

Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again.

Location: PKCC • **Instructor:** Marco Carrabba

6 classes Mondays • No class 4/11, 5/30 & 7/4
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Apr 4–May 16	47995
Mon	5:20–6:05pm	May 23–July 11	47996

5 classes Mondays • Resident \$42 / Non-Resident \$50

Mon	5:20–6:05pm	July 18–Aug 15	47999
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6 classes Wednesdays • No class 4/13
Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	Apr 6–May 18	47997
Wed	5:20–6:05pm	May 25–June 29	47998
Wed	5:20–6:05pm	July 6–Aug 10	48000

Line Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • **Instructor:** Eloise Chinn

Spring 6 classes • No class 4/26, 5/3, 6/7 & 7/5
Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Apr 5–May 24	48029
Tue	10–11am	May 31–July 19	48028

Summer 4 classes • Resident \$20 / Non-Resident \$24
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	July 26–Aug 16	48030
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Jazz

Jazz or Lyrical Open Level Adult

Expand your knowledge of Jazz or Lyrical. This class is for those individuals who have had some Jazz or Ballet training and want to further or enhance their skills. In this class you will learn combinations across the floor after a thorough stretch. We will also learn some choreography to some pop or contemporary music stylings

Leather-soled ballet slippers required

Location: NKCC • 8 weeks • No class 5/30, 7/4 & 7/18
Resident \$80 / Non-Resident \$96

Mon	7–8pm	Apr 11–June 6	48763
Mon	7–8pm	June 20–Aug 22	48764





Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.

Beginning Hula for Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 9 weeks • Resident \$90 / Non-Resident \$108

Wed	6:30–7:15pm	Apr 13–June 8	48640
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Summer 8 weeks • Resident \$80 / Non-Resident \$96

Wed	6:30–7:15pm	June 22–Aug 10	48641
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Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing—NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 9 weeks • Resident \$90 / Non-Resident \$108

Wed	7:15–8:15pm	Apr 13–June 8	48642
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Summer 8 weeks • Resident \$80 / Non-Resident \$96

Wed	7:15–8:15pm	June 22–Aug 10	48643
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Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt—NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 9 weeks • Resident \$90 / Non-Resident \$108

Wed	8:15–9:15pm	Apr 13–June 8	48644
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Summer 8 weeks • Resident \$80 / Non-Resident \$96

Wed	8:15–9:15pm	June 22–Aug 10	48645
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Belly Dance

Shimmy and Sway—Beginning Belly Dance

Ages 17 to adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Please bring bottled water and a long scarf to tie around the hips. • Instructor: Josette Minaglia 'Athena' Location: NKCC

7 weeks • Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Apr 12–May 24	48646
Tue	6:40–7:40pm	May 31–July 12	48647

Belly Dance Advanced

Ages 18 to adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Please bring bottled water and a long scarf to tie around the hips. • Instructor: Josette Minaglia 'Athena' Location: NKCC

7 weeks • Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Apr 12–May 24	48648
Tue	7:45–8:45pm	May 31–July 12	48649

